

Nation

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Eastern Door and North
WINS GOLD



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"Con-grad-ulations"

by Will Nicholls

As this issue of *the Nation* reaches the Cree communities in the North, many schools will have already held their graduation ceremonies. I would like to add my heartfelt salute to a job well done by all our graduates.

It has been a tough journey. Some parents might disagree, arguing it was harder in their day.

Some parents may have attended residential schools. It was a difficult situation being away from home and family for so long. Others may have been the ones to attend the newly opened Cree School Board schools in the 1970s. The Cree School Board was a new entity in those days and had to learn and develop an entire new system.

At times it was a hit-and-miss situation. Crees are still learning and developing that system even today. Indeed it is a learning process that will never end.

Just look at the phenomenal spread of computers in only a few short years and remember that your grandparents and many of your parents never used them when they were young. Now, however, you have instant access to an entire virtual world that provides vast resources of knowledge.

There are many who did not, or could not, go as far as you now have traveled. It's an important symbol to don the caps and gowns before you march up to receive your high school, college, CEGEP, vocational or university diploma. You can be proud of yourselves and know that there are many out there who are just as proud of you and your accomplishments.

For some of you this has been a difficult road to travel. The legacies of the residential school system are still felt in later generations, with symptoms ranging from poverty, addictions, and uncertainty in the effort to conquer your own fears. You, however, have had the discipline to achieve a goal. This ceremony is your community's way of acknowledging your effort and your achievement. It will be the first of many in the long life of opportunity that now awaits you.

You may have had friends who did not go this route and dropped out. You see them working at menial jobs, or they are perhaps on welfare looking at a grim future, while others can only concentrate on "having a good time." They may have subjected you to peer pressure to join the "drop-out nation."

That nation is a problem these days in the communities. Some students do not even bother to attend classes or skip out on such a regular basis that getting a diploma is next to impossible. It is something that will have to be dealt with by more than just the Cree School Board. Perhaps one of you will come up with a solution. The fact that you didn't join the drop-out nation is evidence of your determination and courage.

If you are in high school you may leave the community to go on to higher levels of education. You are on your way to a better life that will give you a vast array of options to pursue.

So I congratulate you on having had the foresight to earn a diploma and I wish you all the best of success in your future endeavors.

Contents

editorial

| | |
|---------------------|---|
| "Con-grad-ulations" | 3 |
|---------------------|---|

rez notes

| | |
|---------------------|---|
| Our goose is cooked | 4 |
|---------------------|---|

news

| | |
|--------------------------|---|
| Surf your way to fitness | 5 |
|--------------------------|---|

| | |
|------------------|---|
| Goose Break 2007 | 7 |
|------------------|---|

| | |
|----------|---|
| In brief | 9 |
|----------|---|

feature

| | |
|------------|----|
| NAHC gold! | 10 |
|------------|----|

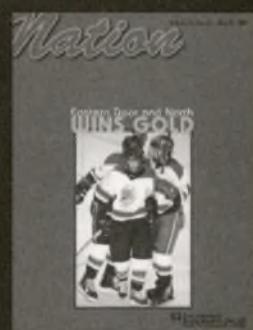
Will on the Grill

| | |
|------------|----|
| The basics | 17 |
|------------|----|

| | |
|------------------------------------|----|
| Reaching for the sun: <i>Kooza</i> | 21 |
|------------------------------------|----|

Under the Northern Sky

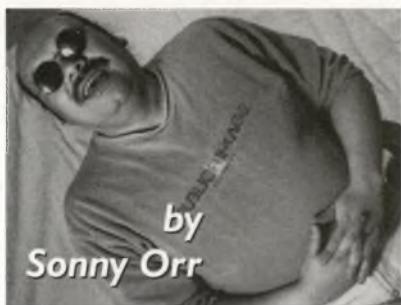
| | |
|-------------------------------------|----|
| The Cree quest for the perfect body | 23 |
|-------------------------------------|----|

**on the cover**

Photograph courtesy of Jeff Spencer

Design: Cheryl Tom

Our goose is cooked (and roasted, boiled, smoked, dried or fried)



The secondary eyelids blinked repeatedly over her avian eyes, nearly popping out from the pressure I applied to the ribcage to force the air out of the lungs until the bird's life was gasped out in a final breathe of air and the eyelids flickered no more, glazed over in death.

The next day, I greedily sucked the spit-roasted goose eyeball into my hungry mouth. I am thankful that the bounty is good this year. And I made it a point to bring some cranberry jelly to round off a well-cooked feast of meats and fats.

With a calorie count that soars into the thousands per pound, the goose is a favorite for Cree cooking. The nutritionists and gourmets among us can all agree on one thing: the foie gras is good with wine.

The spring goose, with its countless merits and ways to preserve and serve, is best when fattened to grease-ball status, then rendered into a food fest gone wild. The ways to make a goose into a feast fit for a grease-happy clan are simple, yet precise.

Take the smoked goose, for example. The skin of a goose is hung to smoke until it is deemed just right to take down, not too late and rotting from heat, not too cool and still moist from blood. The fatty skin is then boiled when needed to a delicious tender delicacy.

The liver, in the fall, when mixed with berries and fats, makes for one of the many forms and styles of the popular bimcan (or pemmican to those in the know) and creates an intense, meat-flavored, energy source.

The lungs torn out of the ribcage can be tossed into a blood soup and served to those who have few teeth.

The fat, rendered and stored in the bird's intestine, is then served later in the fall with smoke-dried fish or added to a fish and berry salad.

The meat can be cooked either whole or cut up, or roasted, boiled, smoked, dried or fried. We have a bewildering variety of ways to cook the proverbial goose.

The heads, necks and feet with oats is everyone's favorite way to start their day.

Meanwhile, the innards and intestines slowly simmered until crisp is another lunch. And the list goes on.

All these culinary delights make the patience of the goose hunt a worthwhile endeavour. The work to make it edible is just as arduous. The plucking, while tedious and often hard on backs and fingers, is tackled with glee.

Sometimes, after the hundredth one goes by, it's time to enlist the nieces and grand daughter to carry on traditions. Flying feathers abound in the cleaning area, usually the kitchen, but one makes do with the down. Enough down to fill a sleeping bag is worth thousands today and the modern-day hunter appreciates the handmade down-filled canvas coats on a cold wet day out on the bay, again remembering the efforts leading to his warmth out in the elements, when nature emphatically disagrees with the sunny forecasts and instead provides a heavy sleet of ice and snow.

We should always remember to be thankful for a good year. In recent years the goose hunt has been slack, with changed migration routes and unpredictable weather, but it seems that this year is a good one.

Just about everything about a goose is good, even the feathers.

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Canada

Surf your way to fitness

Totalcoaching.ca is a great way to energize those of you who want to work out, but have no one to go over a program with you because you live in a town that doesn't offer those services.

Elite track and field athlete David Gill, an Innu from Mashteuiatsh, started the program in an effort to curb obesity amongst Aboriginal peoples.

Gill came up with the idea while doing motivational speeches in Aboriginal communities. People would come up to him afterwards and asked him how they could make changes and get in better shape.

He was asked questions such as, "Where do I start?" and "What's right for me?"

"I was never able to provide a follow up, I didn't have anything concrete to suggest, so I went back home to work on something that I could provide to the people that I talk to so they could be motivated and use it to make concrete changes," Gill told *The Nation*.

With increasing obesity in Aboriginal communities across Canada due to inactivity, boredom and isolation, Gill feels there is no better time than the present to give people a different option.

"The need is huge in Aboriginal communities. The problem with physical activity is that a lot of people don't have the knowledge to know exactly what to do and to be optimal in their goal-reaching process. A lot of people don't have the facilities and coaches or the money either," said Gill.

"With total coaching, physical activity is really accessible, really simple and cheap."

Membership on the site, which includes tips on what to eat, a comprehensive personal profile that acts as your guide and measuring stick and access to the top professionals costs \$9 a month.

Add a program like the complete cardio plan that tells you what to do to attain your goals and helps you to stay on track, costs an extra \$5 a month.

After logging into the site and creating a profile, you will be asked a series of questions that include your physical makeup and goals. There is also a psychological profile that will establish if you are at a high risk of quitting.

"For example if there is someone who is over-



weight who has never engaged in physical activity, his or her program would start with walking twice a week for 20 minutes. Then we build up to walking a little longer and increase the activities until

that person gets into shape."

There are no face-to-face meetings, Gill said, but for someone in Whapmagoostui or Eastmain, that would not be possible anyway.

Registration also gets you your own sports psychologist, sports therapist and other professionals to make everything as easy as a click of a mouse.

Totalcoaching.ca currently has 180 members since its April 24 launch and is looking to grow rapidly. The first month, Gill stressed, is completely free to try every aspect of the site.

The "my journal" section allows you to keep track of your progress and keep an eye on the weight you're losing. There is also a forum where you can talk to other people about their experiences.

The "my objectives" portion lets you set goals and it lays out the percentage you must complete to attain your goal. For example, if your objective is to run or cycle the equivalent distance from Montreal to Toronto, then you can record your progress and see how far along you are each day.

You also receive "capsules" in your email on what to eat and what to avoid while you follow your regimen.

Gill is currently doing altitude training in Flagstaff, Arizona, in hopes of competing in track and field in the 2008 Olympics in Beijing, China. From there, he will be running in an 800-metre race May 26 in Oregon to open the season.

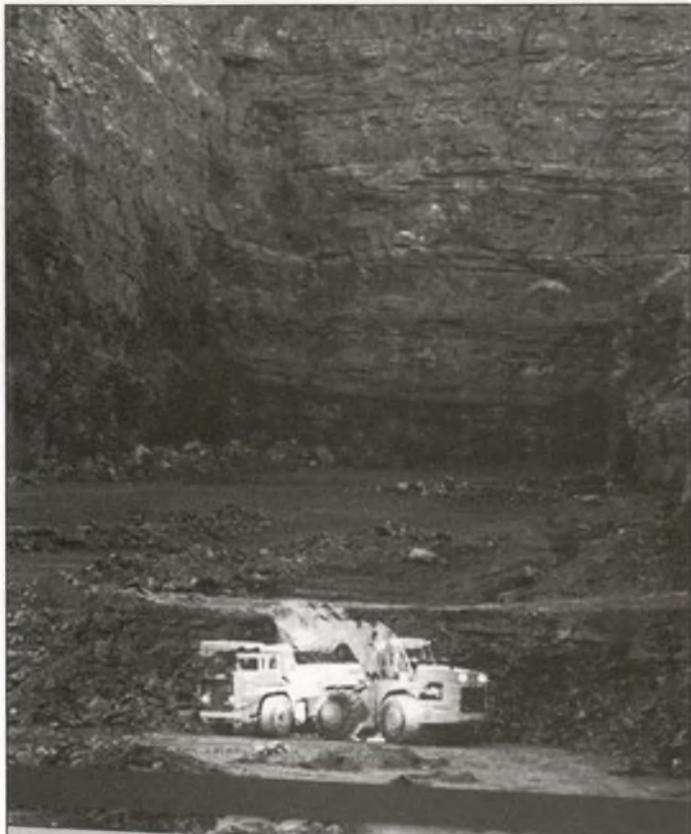
At 28, he hasn't yet qualified for the Olympics, but he has been on the national team for three years and recently competed in the Commonwealth and University Games.

He currently trains twice a day, every day, to the tune of 150 kilometres per week.

"It's a lot of work and it's a full time job. When I'm not training, I'm sitting in front of the computer working on total coaching."

For more information visit totalcoaching.ca

by Steve Bonspiel



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*PAR is a Canadian Council for Aboriginal Business (CCAB) program focused on these four objectives: Business development • Employment • Individual capacity development • Community relations.

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Many people in Eeyou Istchee have Diabetes, or know of someone who does. Quite often this can be someone they love. We know that healthier food choices are important, but let's face it, sometimes they can border on boring. Well, not anymore! Each month *the Nation* will feature a delicious meal that keeps in mind the importance of health maintenance but does not forget rich and hearty satisfaction.

Old Fashioned Barbecued Sirloin

Ingredients

| | | |
|---------|--|--------|
| 1 Tbsp | chilli powder | 15 ml |
| 2 tsp | fresh ginger, minced | 10 ml |
| 2 ea | garlic cloves, medium, minced | 6 ml |
| 1 ea | onion, small, minced | 110 ml |
| 1/3 cup | lemon juice | 75 ml |
| 2 Tbsp | olive oil | 30 ml |
| 2 tsp | paprika | 10 ml |
| 2 lb | boneless top sirloin steak, well trimmed | 908 ml |

Directions

1. Combine all marinade ingredients. Add the sirloin and marinate in the refrigerator overnight. Prepare an outside grill with an oiled rack set 6 inches above the heat source. On a gas grill, set the heat to medium.

2. Grill the sirloin, turning once according to the following guidelines: 15-20 minutes for rare, 25-30 minutes for medium, or 35-40 minutes for well done. Carve into thin slices to serve.

Tip: Instead of slapping on commercial barbecue sauce, let this sirloin marinate overnight for an authentic smoky taste.

Nutritional Analysis per serving (1/6 recipe):

| | |
|--------------------|--------------------|
| Calories: 227 | Carbohydrate: 3 g |
| Fat: 10 g | Dietary Fibre: 1 g |
| Cholesterol: 87 mg | Sugars: 1 g |
| Sodium: 77 mg | Protein: 30 g |



Northern

Goose break 2007 finds greatly varied conditions across Eeyou Istchee

by Amy German

Ahhh the goose hunt! For some it's the best time of the year, when families and friends travel together to the camps, hunker down behind the blinds and get ready for some old-fashioned hunting. Some enjoy the simple thrill of the hunt, for others it's a time to immerse themselves in Cree cultural activities and still for others it's about being number one.

After calling around to all of the communities, one thing was present on just about everyone's minds: the weather and its effect on the hunt. Though we have not been able to find out who killed the first goose in every community, just about everyone in every community had something to say about what Mother Nature brought them during the 2007 goose break.

According to Reggie Bearskin, Eddy Sealhunter was the first to get a goose in Chisasibi and, for the most part the hunt went very well up in the Cree metropolis. Said Bearskin: "This year I did better, I got maybe less than 10. The weather was kind of cold. It was not warm but the ice was still good here. Chisasibi had a good hunt because of the weather, we were still using skidoo's last weekend but last year we couldn't, we had to use helicopters."

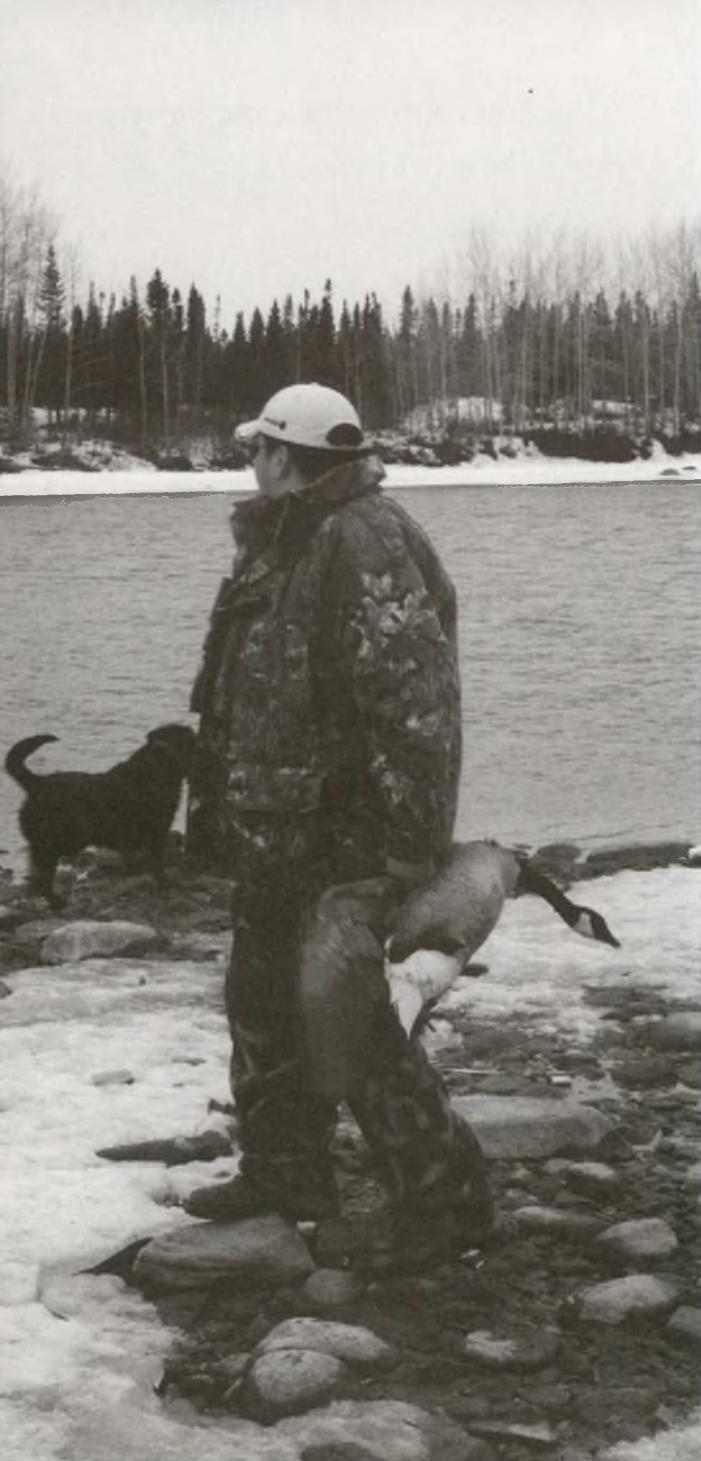
Over in Eastmain, there was not as much cause for celebration as the season has been much slower. Rick Cuciurean of Eastmain said his sense is that "it's been slow and late for this year. Some people have caught some birds but I think what is going to happen is that they are going to be two weeks late maybe."

Bessie Tomatuk, the helicopter dispatcher for Eastmain, agreed that the season has been slower than usual. "I take care of the flights to the camps and coming back and usually that is how we know the geese are sent back," said Tomatuk. "They will send bags and they are pretty heavy so it's pretty obvious that it's geese that they send, but we did not see very many this year."

However, many were still out at their camps as of May 15. The whirly birds started to fly over Eastmain to aid the hunters back on May 7 as the Eastmain River was closed two days previously.

Though it's been slow, Tomatuck said three camps south of the community did quite well. "At my dad's camp they got over 100 and then the other camp had over 100 as well so that is pretty good." Considering that there were only three shooters at her dad's camp, they didn't do too badly!

continued on page 15...



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CONGRATULATIONS to all the players, male and female, who participated in the *National Aboriginal Hockey Championships*. Congrats to the youth who brought home gold.

When the winning shot is scored, it's the product of many years of support, dedication, vision, and discipline from not only the players themselves, but also coaches, teammates, mascots, fans, friends, and parents who believe in the dream!

The Nation would like to congratulate all who made this success happen - You've made us all proud!



Goose hunt tragedy claims Mistissini man

Sadly, some will remember the 2007 goose hunt for a tragic accident that claimed the life of Mistissini resident Walter Gunner, 43, when he fell through the ice on Lac Albanel May 1.

According to Mistissini Police Director Bradley Mianscum, Gunner and his wife, Margaret Blacksmith Gunner, were travelling to their goose camp when the ice began to give way sometime between 7:30 and 8 am.

Gunner and his wife had been pulling a sleigh laden with gear. "The wife managed to get out safely," said Mianscum. "She was in the water for approximately 20 minutes, but the husband couldn't get out or didn't make it."

The accident occurred not far from the Gunners' camp. After her 20-minute struggle to free herself from the frigid waters, Blacksmith Gunner ran for help at the camp.

"Hunters went to the scene with the woman and that is where she told them that they got into an accident," Mianscum said. "She said, 'We went through the ice and my husband didn't make it.' There was only one set of footprints coming out from the water hole."

Walter Gunner's body was recovered the following afternoon.

CN launches legal attack on Mohawk activists

Canadian National Railway has launched a lawsuit against Mohawk protesters who blocked a major Ontario rail corridor for 30 hours last month, disrupting freight and passenger traffic.

The land dispute protest near Deseronto that began in the early hours of April 20 delayed transports of freight worth \$100 million between Toronto and Montreal, according to spokesman Mark Hallman.

CN confirmed that it is the first time they have launched a lawsuit stemming from a disruption of service related to First Nations land claims.

CN estimated that approximately 22 freight trains travel the Toronto-Montreal route every day.

As part of the action, CN is seeking an extension of the court order that ended the blockade and is trying to establish a way to bar future blockades on its tracks.

Shawn Brant, the main spokesman for the protesters from Tyendinaga Mohawk Territory, is named in the CN lawsuit, along other community members. The lawsuit also targets participants in a blockade staged last year on the same rail line.

CN initially included the Mohawks of the Bay of Quinte in the suit, but said it will now not pursue legal action against the Tyendinaga band because of evidence the band did not authorize or otherwise support the civil disobedience protest.

The protest, which ended when CN served the protesters with a court injunction, was part of an ongoing dispute over pri-

vately owned land near Deseronto that the Tyendinaga Mohawks claim is theirs by treaty.

Brant faces a number of charges related to the blockade, including mischief, and is currently free on bail.

High-tech Native ID to stem fraud, says INAC

Canadian government officials are looking for a way to manufacture a new Native identity card to stem the rampant fraud non-natives commit when they use illegal cards to access benefits like health care and tax-free purchases usually reserved for status First Nations.

Fraud and misuse of Indian status cards have been costing taxpayers an estimated \$33 million a year, according to Indian Affairs.

The bill to fix the problem, however, won't come cheap. Indian and Northern Affairs estimates it will cost \$30 million over five years to come up with a new high-tech, counterfeit-proof native identification to replace the roughly 763,000 cards now in use.

INAC released a statement saying they are aware that the 1960s technology is an easy target for fraudulent activity and has been used by non-natives since the mid-1990s.

The Assembly of First Nations backs a new card that will allow for freer passage to the United States.

The AFN also said that the new status cards should meet the requirements the United States is imposing for entry into the country. That could negate the need for Native people to use a passport at land border crossings, which will be mandatory for Canadians after Jan. 1, 2008.

Foster home sought

Quiet and good-natured 13-year-old Amy, of Cree and Caucasian heritage, interacts well with the adults in her life, and is very nurturing towards younger children. She does not like school, however, and this is evident in her grades. Amy needs to be encouraged so as not to be late for school.

Caring for Amy can be demanding, as she can be easily influenced. However, she has been working on these issues with significant improvement. She will benefit from individual attention, structure and limit-setting in a firm but nurturing approach.

Amy's family is not involved in her care; she needs a long-term foster family, who will support her in embracing her cultural heritage. The ideal family would be that of a Cree or mixed Cree/Caucasian family to meet her overall needs.

For more information, please call Batshaw Homes for Children at 514-932-7161, local 388.



By Jeff Spencer,
General Manager, Team Eastern Door and North
Photos courtesy of Jeff Spencer

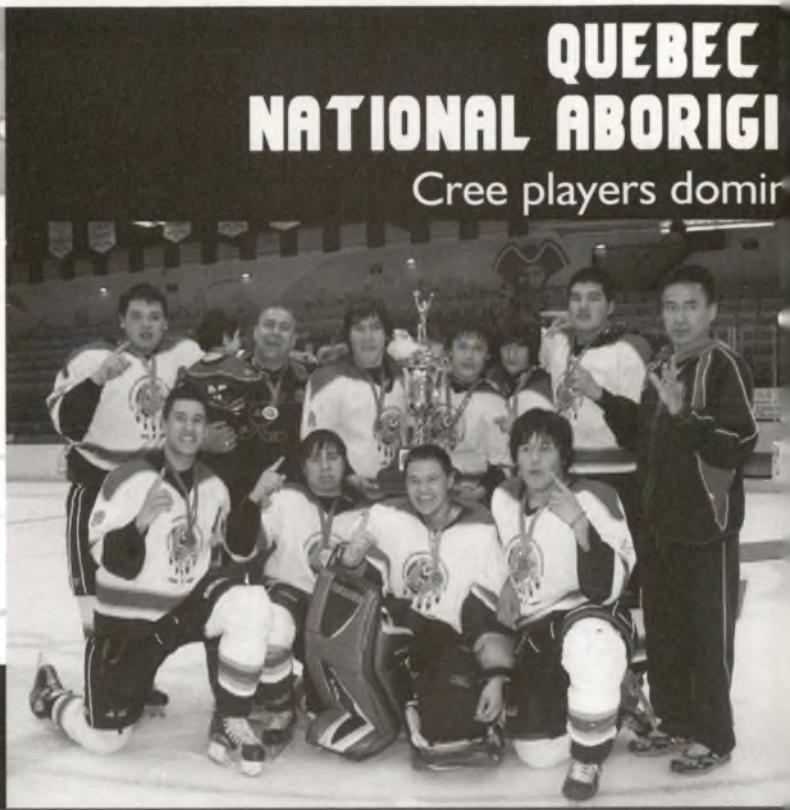
Cree Youth participating with Team Eastern Door and North made history May 5 in Prince Albert, Saskatchewan, when they defeated Team Manitoba in overtime in the final match of the National Aboriginal Hockey Championships. The win is their first championship at the six-year-old event.

This year's team was a younger, more skilled entry relying on youth and opportunity along with character and discipline both on and off the ice. This proved effective as the team was focused from the beginning on a goal and was willing to listen and learn throughout the event. Coaches Steve Cheechoo and Gino Odjick did an incredible job.

Among the line-up were eight Midget AAA players competing for the first time, including 10 young men that are 16 and under who will be eligible to defend the crown in Garden River (Sault-Ste-Marie) next year.

There were eight Cree players on the gold-medal team: Simon Rondeau from Chisasibi; Graham Cheezo from Eastmain; Darren Shecapio, Kelvin Blackned and Kurt Hester from Waskaganish; and Jeremiah Coon-Come, Shawn Benac and Stephane Petawabano from Mistissini. Coaching was Steve Cheechoo, who now lives in Waskaganish, and the GM for both teams Jeff Spencer from Mistissini.

Team Eastern Door and North won six games against six different teams in their quest for gold. In the first game Sunday, April 29, Team EDN defeated Team Ontario South 9-1 in a one-sided romp. EDN fought off first game jitters and penalties and played hard throughout. Monday's game saw Team EDN win 10-2 over British Columbia. On Tuesday Team EDN fin-



ished off the round robin first overall with a 5-0 win over Team Alberta.

In the quarter finals Team Eastern Door and North started slow, giving up two goals on only one shot in the first couple minutes of the game – a feat that anyone in the hockey world would say they have never seen before. Team Northwest Territories scored on their first shot of the game, a puck tipped in by an EDN player. Then, on a delayed penalty with the goalie on the bench, defenceman Chris Wilmot passed the puck back blindly and it went into our net. EDN picked up the play from there scoring 10 unanswered goals to cruise to victory.

In the semi-finals against what was considered to be a tough opponent, Team Eastern Door and North continued its dominance with 11 skilled forwards skating and passing to perfection for another victory – 8-3 over Ontario North.

This set up the gold medal game, a rematch from the tournament's inaugural year (2002) in Akwesasne, where Team Manitoba defeated EDN 4-0. It took five years for Team EDN to get back to the final but this year's team was up to the challenge.

The final game was televised live on APTN so family and friends back home in Quebec were able witness the storybook ending. Look for replays in the near future.

EDN started fast, scoring just 20 seconds into the game. Penalty trouble and an injury to team captain Dave Dupuis had them trailing 2-1 after the first period in which they were outshot 14-6. The team came alive in the second period, dominating play and outshooting Manitoba 10-2 while tying the game at 2. In the third period Manitoba scored a third power play goal to take a 3-2 lead. The Team Eastern Door and North goaltender stopped two breakaways in the last five minutes to set up a great finale.

With just over a minute to play Manitoba



STRIKES GOLD AT NATIONAL HOCKEY CHAMPIONSHIPS

State in display of skill and power



photo by Albert Rondeau

FRONT left to right: Peter Stephens, Kelvin Blackned, Simon Rondeau, Kurt Hester
BACK left to right: Graham Cheezo, Landen and Jeff Spencer, Stephane Petawabano, Jeremiah Brien Coon-Come, Shawn Benac, Darren Shecapio and Steve Cheechoo.

took its sixth penalty of the game against Jeremiah Coon-Come of Mistissini (a standout this year at the NAHC) due to his fancy stickhandling and skating. Moments later Manitoba found itself two men down. With the goalie pulled for a sixth attacker against the three Manitobans, Team EDN kept the puck alive at the blue line. A pass from defenceman Frederick Tremblay found winger Peter Stevens of Eskasoni, Nova Scotia, in front. He saw Kelvin Blackned on the far side of the net, spun around with a quick pass and Blackned put it in the empty net with 38 seconds to play in regulation to tie the game.

In overtime, Team Eastern Door and North dominated play and off a routine dump-in Sandy Dubeau dug the puck out of the corner to Kurt Hester in the high slot who fired a one-timer home, sending Team EDN players and fans into a frenzy. Hester had sacrificed his body blocking a shot in the second period and played with that injury for the rest of the game so it was a great finish for him – a well-deserved victory goal.

To see the way Team Eastern Door and North won as a team was incredible. Although there were players who stood out, it was clearly a team effort from top to bottom that helped EDN finally bring home the gold.

| | | |
|--------|--------|--------------------------|
| Game 1 | 9 - 1 | 6 different goal scorers |
| Game 2 | 10 - 2 | 9 different goal scorers |
| Game 3 | 5 - 0 | 5 different goal scorers |
| Game 4 | 10 - 2 | 8 different goal scorers |
| Game 5 | 8 - 3 | 6 different goal scorers |
| Game 6 | 4 - 3 | 4 different goal scorers |

Not only did the team face adversity on ice but also fought and overcame it off-ice. It started out with a minor controversy over the three Atlantic-born players given the opportunity to play with Team EDN. Then Manager Jeff Spencer and Coach Gino

Odjick both lost old friends back home to tragedy in Mistissini and Maniwaki – heartfelt condolences to the Gunner and Whiteduck families coping with their loss.

As well, long-time team scout Bruce Richter's son had a life-threatening car accident, but Richter stayed in Saskatchewan for the players. Head coach Kenneth Kane was unable to make the trip due to hospitalization of his wife and team trainer Dwaine White had to cancel due to a serious facial injury to his son in rugby. Well wishes to all these people and their families in coping with and healing their illnesses and injuries.

Thanks once again to Alwyn Morris, team staff and all the parents and supporters, including the two Prince Albert boys who cheered for Team EDN, along with the players who did it all. When people thank me, I just state matter of factly, "All we did was pick the team and then go along for a ride on their incredible journey to victory."

Shawn Benac, a 15-year-old from Mistissini with two more years of eligibility stated that he would do it all again tomorrow if he could. Jeremiah Coon-Come, who has been put on the Quebec Major Junior Hockey League draft list, said it was a great hockey experience. Steve Cheechoo, the team's coach of six years and veteran player Darren Shecapio of Waskaganish both breathed a sigh of relief, saying "Finally!" Simon Rondeau of Chisasibi, an incredible goalie, thought the experience was "amazing."

On the girls' side, Team Eastern Door and North lost in the bronze medal game to Team Saskatchewan. They had many injuries throughout the week to key players including both goaltenders so



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Six of the top ten scorers were from Team Eastern Door and North

| PLAYER | TEAM | No | GP | G | A | P | PIM | PP | SH |
|---------------------|---------------|----|----|---|----|----|-------|----|----|
| Stevens, Myles | Manitoba | 19 | 5 | 5 | 12 | 17 | 26:00 | 1 | 1 |
| Innes, Shane | Ontario North | 17 | 5 | 7 | 4 | 11 | 24:00 | 3 | 2 |
| Coon-Come, Jeremiah | Eastern Door | 9 | 5 | 6 | 5 | 11 | 18:00 | 2 | 1 |
| Halcrow, Eli | Manitoba | 20 | 5 | 5 | 6 | 11 | 14:00 | 1 | 1 |
| Tremblay, Frederick | Eastern Door | 14 | 5 | 4 | 7 | 11 | 8:00 | 3 | 0 |
| Dupuis, David | Eastern Door | 18 | 5 | 5 | 5 | 10 | 2:00 | 2 | 1 |
| Smith, Calvin | Eastern Door | 22 | 5 | 4 | 6 | 10 | 10:00 | 2 | 0 |
| Blackned, Kevin | Eastern Door | 19 | 5 | 3 | 7 | 10 | 2:00 | 0 | 1 |
| McCallum, Craig | Saskatchewan | 12 | 5 | 7 | 2 | 9 | 18:00 | 3 | 2 |
| Dubeau, Sandy | Eastern Door | 17 | 4 | 5 | 4 | 9 | 2:00 | 1 | 2 |

it was an accomplishment just to make a medal game for the sixth straight year.

They played a rollercoaster of games in the round robin, winning and losing through the first two rounds to be ranked seventh. In the quarter finals Team EDN played a remarkable game, defeating Team Manitoba (ranked second overall and a team that had beat them twice during the week in dominating fashion), by a score of 5-2 in a solid team effort.

In the semi-finals they played a rough, physical Ontario South Team (the eventual gold medal winner for the fifth time in six years) and lost both in injuries and on the scoreboard. They lost not only their starting goaltender Leona Hester but also captain Alyssa Montour from Kahnawake, a six-year veteran in her final year of eligibility. In the bronze medal game they did not have enough left in the tank against host Team Saskatchewan, which won bronze in both the male and female categories.

Cree Nation Girls included Karen Gull from Waswanipi; Chrissy Anna Bosum from Ouje-Bougoumou; Sarah Morrison from Wemindji; Leona Blackned Hester from Waskaganish; Amy Kistabish-Jerome from Washaw Sibi; along with first-year coach Joy Kitchen from Waswanipi (it is noted that Joy was a player on the gold medal-winning Team EDN in 2005 at Miramichi, New Brunswick). Coach Kitchen enjoyed her experience, parting with a promise: "I'll be back next year."

Thanks to all parents and supporters of youth athletes and these programs. Without you we would not have the success that we have enjoyed both on and off the ice. Congratulations to the players participating at this prestigious event as it is truly an honour and to win gold. The boys should be recognized for their achievement given the high calibre of hockey. This has turned into truly the most elite showcase of Bantam-Midget-aged Aboriginal hockey players in this country and any participant can be proud of their accomplishment. It was stated that the finals would be like the Telus Cup Midget AAA Championship or a Major Junior game and fans were not disappointed.

I had my 18-month-old Landen with me as Team Mascot. Due to Goose Break, it was either stay home with him and disappoint 40 youth or bring him with me – I know I made the right choice. I love all these young people like my own children and respect them for their accomplishments. Landen was at every male and female game, all the coaches meetings and graciously accepted his own gold medal from National Chief Phil Fontaine when he was announced as part of the line-up at the end of the players' list. Thank you to all for treating him so well.

Should you or your child be interested in participating in future National Aboriginal Hockey Championships or require more information on the programs and opportunities including the North American Indigenous Games, please contact Jeff Spencer at 418-923-3560 or through email at creetech@lino.com.



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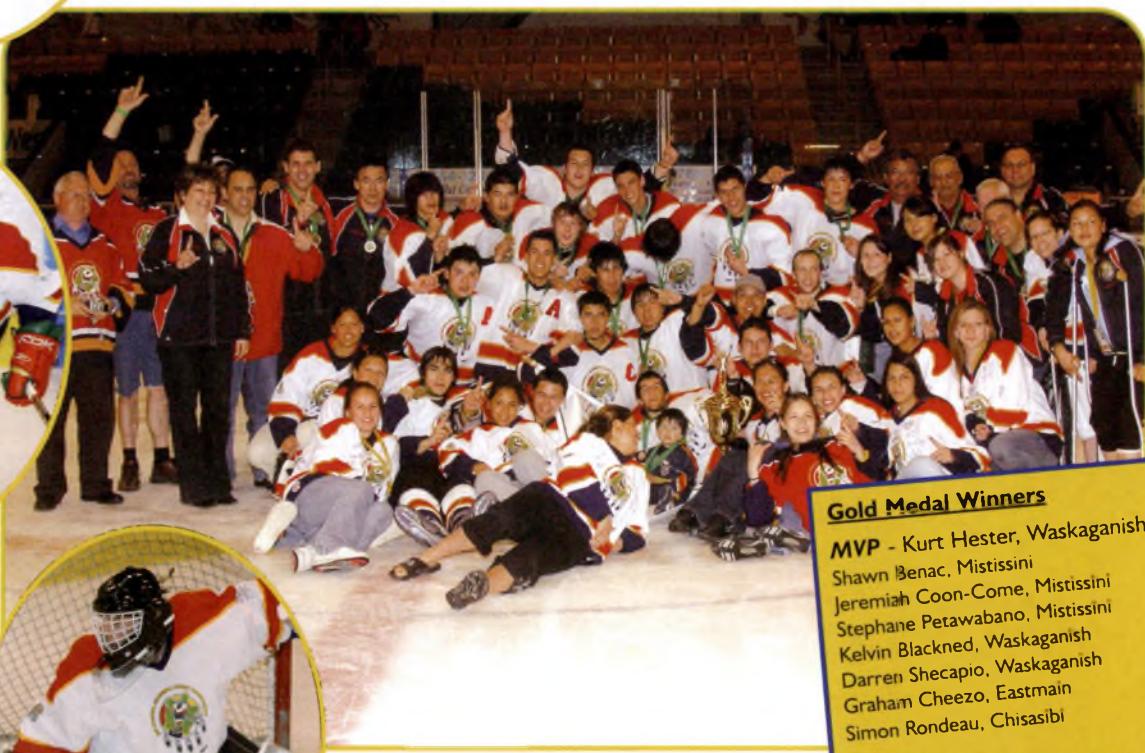
CONGRATULATIONS

to the youth at the
National Aboriginal Hockey Championship

The Grand Council of the Crees (Eeyou Istchee) would like to extend congratulations to the Cree youth hockey players who participated in the National Aboriginal Hockey Championship in Team *Eastern Door and North* which was held in Saskatchewan over the goose break.

We thank all parents, families and organizations who helped our youth to participate at the NAHC. Let us continue to support and encourage all our young people today. No matter what obstacle you're facing to achieve your dreams, never give up, we are here to support all our youth.

*Grand Chief Matthew Mukash
Deputy Grand Chief Ashley Iserhoff*



Gold Medal Winners

MVP - Kurt Hester, Waskaganish
Shawn Benac, Mistissini
Jeremiah Coon-Come, Mistissini
Stephane Petawabano, Mistissini
Kelvin Blackned, Waskaganish
Darren Shecapio, Waskaganish
Graham Cheezo, Eastmain
Simon Rondeau, Chisasibi

Cree Girls in Tournament: (made it to Bronze Medal game)

Karen Gull, Waswanipi
Chrissy-Anna Bosum, Ouje-Bougoumou
Leona B. Hester, Waskaganish
Amy Kistabish-Jerome, Washaw Sibi
Sarah Morrison, Wemindji
Joy Kitchen, Waswanipi Assistant Coach



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continued from page 7...

When asked about the first goose for the community she said, "I think it's Norman Gilpin, but I am not really sure, usually it's him and I hear it's him so maybe I am just thinking it's him again."

In Nemaska, Matthew Swallow was the first in the community to kill a goose, according to Kenneth Tanoush. For Tanoush, the goose hunt is "the best time of the year for Cree men and young Cree guys like me!"

His spirit of the season is not just about the birds. "We do a lot of cultural stuff, too. It's not only geese; it can be fish or ducks so it's very fun," he said.

He said this year's hunt was going well, though unevenly from family to family. "We did good, not bad as a family. I killed only four but my dad killed many, many, many, probably more than 20." The Nemaska families could not use skidoos at all this year due to the lack of snow. From Tanoush's experience, he thinks that they went out to hunt too early as the first week the birds were not really flying.

Ella from Nemaska (who did not want to give her last name), said the hunt was not very good. "There were hardly any geese flying, I have no idea why. I guess that is just the way it goes. It was a slower hunting season, though I guess everybody got their share."

According to the boys in blue in Waswanipi, the verdict on the season tends to vary, depending on who you talk to. Joe Saganash said he went out but didn't bag a single bird. "I am not sure who killed the first goose, but this year was slower than last year," he said.

It was a different story for his coworker, Jonathan Saganash. "We have 300 or close to 300 geese. The whole family was there, I don't know who shot the first one as I was a little late."

In Waskaganish, Samuel Wesley killed the first goose, according to Jack Diamond, but he wasn't sure exactly when. The hunt started earlier this year for Waskaganish and the community was able to use their snowmobiles the entire duration of a quite successful hunt.

When we spoke to the Nation's own Sonny Orr of Whapmagoostui, he said that he had not yet shot anything despite having already been out goose hunting for a full week. While he was out the previous week the weather had been very cold was warming up, so the geese were showing up.

Though the Whapmagoostui hunt only started to pick up later, said Orr, "For some reason this year it seems to be good, all the other years there were some that caught geese but not like everybody complained. Not this year, people are killing to the point that they are running out of shells. It could be they are bad shots, too, I've already lost 150 shells so I am waiting for my chance this weekend. There are areas where they feed along the coast and there are a lot there now. I know the guys who just came back, they killed 60 in one day and 60 the day before."

So, where as the killing started a lot later, this year's hunt should be very successful for Whapmagoostui. Unfortunately, the information on who shot the first goose was not available.

Gregory from Wemindji (who did not want to give his last name) said he "only shot two geese, it was very slow." He said the geese were still south of the community but the community's elders are saying that the geese are expected to come back up. The geese, he says, "were here a long time ago like just a little bit, day by day they just flew, like two, three flocks a day. For the last two weeks we have not really seen them yet."

Gregory attributed the poor quality of this year's hunt to global warming, with warmer temperatures and very little ice or snow at all this winter. "When it's warmer, the geese, they just fly by."

According to Don Macleod, in Mistissini, the hunt went fairly well. "We did a lot better last year, this year wasn't as good." Macleod said Anthony Macleod killed the first goose for their community. The big difference this year in Mistissini was that, according to Macleod, "the ice went out too fast. The water holes got bigger and the geese couldn't land even on the ice so they had to find other places that were open," which was what contributed to a slower season.

Cree Grand Chief Matthew Mukash said his family's goose hunt this year was a very good one. "Indeed, what season this was for the Mukash family!"

Having lost his eldest sister, Juliet Mukash-Bullfrog, last August, Mukash got together with his two remaining siblings, Anne and Connie and their families to return to the Mukash family hunting camp for some family togetherness time. Though there was much sadness amongst the family due to having their first spring without their beloved sister, says Mukash, "we realized that her passing brought our families closer together."

At his camp, on the south coast of Hudson Bay about 70 km from Whapmagoostui, Mukash was focused on passing along the family's hunting traditions to the younger men of the family, whose ages range from 8 to 15. They include his son Pakesso and nephew Isaac Kawapit.

With wonderful ice conditions on the Hudson Bay throughout the hunt they were able to spend a lot of time at Long Island near Cape Jones. Though the trip started out very slow, said Mukash, "The big flocks arrived three days before we returned to the community, this is when the good moments hit at the blind. Our camp got about 60 geese, with more than 200 in all counting in the kill of the hunters from the three other families that came to spend the season with us at camp."

Though many memories were created on this trip, what stands out most in his mind was the "the honour and excitement of the first kill," for two of the young hunters on the trip.

No information was available for the community of Oujé-Bougoumou as the hunt was still ongoing at press time.



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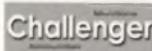
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WILL on the GRILL

by Will Nicholls

Learning the basics is important step for young adults as they begin cooking. Even the best cooks sometimes have to get back to their roots. Many of the recipes in this Will on the Grill are the basics. They're recipes I learned from the many cooks in my life, from my mother, father, grandmother, uncles, aunts and the occasional girlfriend. They anchored me in the world of cooking and trained my sense of taste. As you learn to cook you'll do what suits you and modify them to taste.

These are all low-fat recipes so they are healthy for you.

Swiss Steak

Always a favorite and I usually serve it on a bed of rice.

2 lbs (1 kilo) round steak

Garlic clove

Flour

1 teaspoon salt or salt substitute

1/8 teaspoon pepper

1/2 cup chopped onion

2 cups tomatoes

1 cup boiling water

Optional: chopped carrots and/or celery

Trim all fat from steak and rub with half of the garlic.

Pound flour into both sides of the steaks combined with salt and pepper. Then cut steaks into cubes.

Pan brown it in a seasoned skillet. Pour off all drippings.

Add onions, tomatoes and water and cover. Put it in the oven (275 degrees F) for two or more hours.

Herbed Fish

A nice taste. Recommended side dishes include broccoli and asparagus.

2 lbs fish

3/8 cup boiling water

2 chicken bouillon cubes

1 tablespoon grated onion

Juice of 1 lemon

1 teaspoon salt or salt substitute

1/4 teaspoon pepper

1/2 teaspoon marjoram

1 tablespoon minced chives or green onion

2 tablespoons fresh chopped parsley

Dissolve chicken cubes in boiling water. Mix with all ingredients except fish.

Put fish on a broiling pan and pour half of the sauce over fish and put under broiler (oven set to broil).

Broil 6 to 8 minutes. Turn over fish and pour remaining sauce over it. Return to broiler and broil about 6 to 8 minutes, or until fish flakes easily with a fork.

Chili Burgers

Any fool can make a hamburger but it takes a special kind of fool to make a good chili burger. These are great on the BBQ and make an impression. Try this recipe first before adding more or less chili sauce or powder.

1 lb lean mean hamburger

1 tablespoon minced onion

2 tablespoons chili sauce

1 teaspoon chili powder

2 tablespoons water

Mix all ingredients, holding back 1 tablespoon chili sauce.

Form into patties and lightly coat with chili sauce.

Toss onto the BBQ until done.

Roast Duck

Given that hunting season has just passed more than a few people with have ducks to spare. Please send one my way. In return here's a basic recipe for diabetics, low-fat and no-salt diets.

2 1/2 pound duck, quartered with visible fat trimmed off

1 teaspoon grated orange peel

1/2 cup chicken bouillon

3 tablespoons white wine

1/2 teaspoon salt substitute



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1. Put duck quarters skin side up on a rack in a shallow roasting pan and sprinkle with orange and salt substitute.
2. Put in oven preheated to 425 degrees F and roast for 20 to 25 minutes (when it's nicely browned).
3. Drain fat from pan.
4. Combine bouillon and wine and spoon over duck quarters. Cover pan with tinfoil and reduce oven to 325 degrees F. Return to oven and bake for another hour.
5. Remove foil, brush duck with sauce (from bottom of pan) and return to oven for another 15 minutes.

BBQ Pork Chops

Since we were doing the BBQ thing above I decided to give you one more basic recipe. This is more of a BBQ sauce and marinade than anything else and can be used for more than chops but is great with them. Corn and baked potatoes are nice side dishes.

4 lean pork chops
1/2 cup water
1/4 cup chicken bouillon
1 tablespoon lemon juice
1 tablespoon onion finely chopped
1 teaspoon mixed herbs
1/8 teaspoon cayenne
1/2 teaspoon garlic salt

1. Mix all ingredients except pork chops.
2. In a container put chops and sauce. Leave overnight in fridge or at least three hours after trimming fat from the chops.
3. Put chops over a medium BBQ. Turn every five minutes and once the meat is light brown baste with the sauce each time you turn the meat.

White Wine Clams

People along the coast going clamping. I did it when I was younger and there is nothing better than the taste of fresh clams on the beach. Here's a simple recipe that is one of the basics for shellfish.

About 30 or more clams cleaned and scrubbed well
1/2 to 1 cup white wine
1 teaspoon basil
1/4 teaspoon garlic powder
1 teaspoon oregano
1 tablespoon fresh chopped parsley

1. Place clams in a large sauce pan with a cover with all ingredients. Steam for ten minutes or until the clam shell open.
2. Remove and serve.



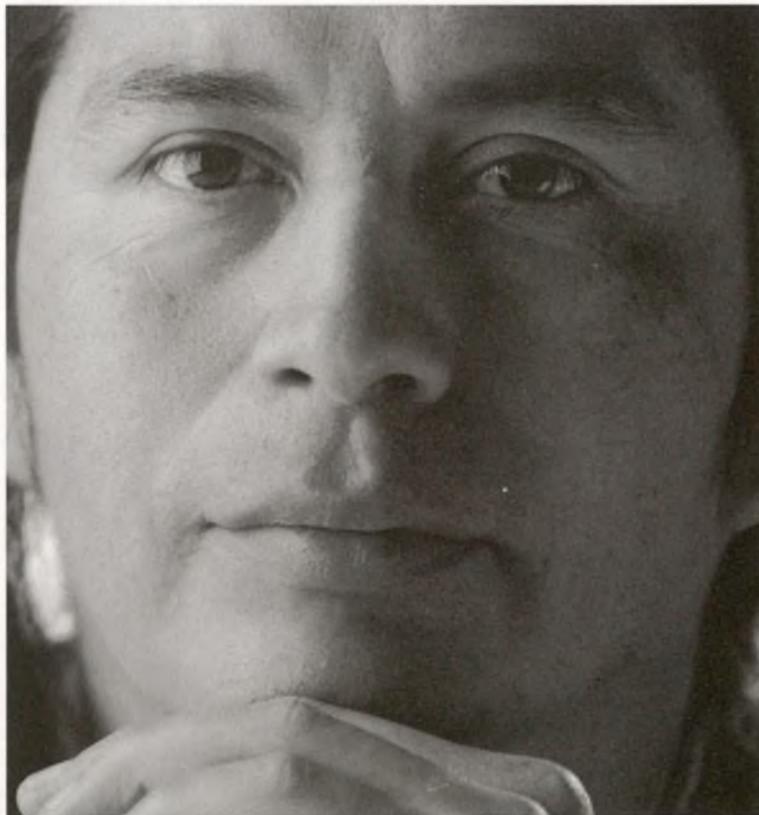


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If one could write the dictionary definition of *Kooza*, "awe-inspiring, death-defying, fun" would accurately capture the essence of Cirque du Soleil's latest show.

Currently showing at the Old Port of Montreal until June 24, the Quebec troupe's newest performance goes back to the basics – with a twist.

The exploration of acrobatic antics, body-bending contortionism, and the basis of any circus, clowns, enabled the Cirque to rebound from last year's morbid and somewhat boring *Corteo*.

The three leading ladies, who bent their bodies in ways that made this reporter cringe, were absolutely spectacular. At one point it wasn't clear which head belonged to which performer. And wait until you get a load of the unbelievable movements one of the performers makes lying on her stomach and at the same time, somehow, walking around her own body! It's spooktacular!

Kooza tells the story of a lonely little guy called The Innocent. He is in search of something cool to jazz up his blasé life and that's exactly what he gets.

The story brings him into contact with a king, a trickster, an obnoxious tourist with a strange dog and a pickpocket, although the story isn't necessarily the priority. It's the amazing stunts that bring



by Steve Bonspiel

this show alive.

Everything in the show is magnified. The stunts are surely more dangerous than they have been in the past, starting with the tightrope walkers who take the traditional act to the limit. And at this show, I am certain that one performer almost paid the ultimate price of his profession...

The two devil-like dudes who climb the spinning duel hoops and eventually end up on the outside looking in will make your heart sink. Dangerous? You bet.

Kooza's overall look can be described as typical Cirque garb: spectacular, colorful, and outrageous. The costumes and colourful characters really bring to life the essence of what a circus should be.

The juggler was fantastic as he went through the usual fare of juggling rings, bowling pins and balls, but each time he turned it up one more notch. Explaining his antics here will only take away from his sheer brilliance and athleticism.

The sellout crowd, aside from the two cackling hens sitting within earshot, were inspired and moved. Each act outdid the last one in a swirl of circus acts that brought many back to their childhood years. The only thing missing were the animals, but in a way, those two loud-mouth women made up for that in their



blatant disregard for humanity and their antisocial behaviour.

You think stilts are easy to walk on? Try being catapulted from a springboard high into the air, flipping a couple of times in the air and then landing on a small mattress. Amazing! The feeling of thousands of people holding their breath and exhaling at the same time is something not to be missed. It's an added bonus.

A man on a unicycle is not an uncommon sight in a circus. A man on a unicycle balancing a woman while he rides in circles and she makes the climb up his body and at one point is pressed over his head by the talented strongman is a another kettle of fish altogether.

The highlight of the show has to be the Asian man who continually piles up chairs and shows off his six-pack abs and matching guns by balancing on a series of small wooden chairs, at one point almost reaching the same height as the lighting technicians. In the end, high above the crowd and with a chair tilted at a 90-degree angle, you could have heard a pin drop across the room as even the nay-saying old women in the adjacent seats shut up long enough to appreciate the beauty and trepidation of le Cirque's most impressive feat of artistry and athleticism.

The only downside to the show was the 30-minute intermission that is meant to entice you to buy the over-priced merchandise. We understand how much the show costs to produce, but charging \$50 for a T-shirt is over the top.

As usual, the musical accompaniment was great. Cirque du Soleil continually produces musical genius that perfectly matches the mood. If you go to the show, pick up a CD, it will soothe your inner beast.

Ticket prices range from \$60 to \$95 in three different zones. Tickets for seniors and children are cheaper, but for up-to-date information visit: www.cirquedusoleil.com/CirqueDuSoleil/en/showtickets/kooza/tickets/montreal.htm

UNDER THE NORTHERN SKY

The Cree quest for the perfect body

by Xavier Kataquapit

The strongest and fastest individuals have always stood out in our Cree culture. After all, back when we were a nomadic people, the strongest survived through cold winters and lean summers. Life out on the land meant you had to have some strength in order to hunt, trap, fish, travel under your own power and generally use your own body as the machine that ensured your survival. Physical strength equalled power.

Suddenly, our world changed with the arrival of the European culture and the introduction of permanent communities. Our old ways changed but our ideas, for the most part, stayed the same. Later, machines were introduced to make travelling easier, trapping was not as intensive with modern tools and life was generally made more comfortable with new conveniences and technologies. We could sit back and relax a little in this modern world but we still held on to that ideal that physical strength ruled supreme.

We were always encouraged to grow strong and become that powerful person that was capable of carrying heavy loads, walking the farthest out on the land or running the fastest. So we grew up with the thought that we should learn to train our bodies as mechanisms for work and survival.

When my older brothers and other boys of their age attended high school in southern cities and towns, they were exposed to a trend in body building in the 1980s. When they came home during the holidays, they arrived with magazines on body building, books on weight training and new ideas on how to become Mr. Perfect Body Builder.

As my brothers grew older, they begged our parents for a weight training set. Mom and dad were of the mind that we needed these things in order to become the muscle men we saw in our magazines and books. It was no surprise that we ended up with a new exercise bench and weights. One of the bedrooms was soon transformed into a weight training room where we also slept. It was a tight fit in a small home that housed 14 people but we sacrificed some comfort for that special room.

We were not the only family in Attawapiskat squeezing weight training sets into small and cluttered homes. Our cousins and friends were all doing the same thing. Whenever we visited our friends or they came to see us,

our bedroom hang outs featured the weight bench that doubled as extra seating.

The conversations around the bench usually ended up as comparisons of body physiques among the participants. We judged each other by how big our muscles were. People rolled up shirt sleeves to see who had the largest biceps. Guys intimidated each other by twitching their chest muscles in rhythm to the latest music that played in the background.

If people were on equal footing according to body shape and size, then it became a competition of who could actually lift the most. The argument with traditional people was that if you had a great looking body it did not always mean that you could actually move a lot of weight. These debates were settled by demonstrations of who was capable of lifting the most in a bench press or arm curl.

We gathered as much information as we could from our books and magazines. We argued about what the best number of repetitions were, how much weight to lift, how many times a week to train, how to work up a sweat and what to eat.

Sometimes it just didn't seem fair as I just never managed to really succeed at looking like a muscle man. I learned years later that some of us were simply predisposed genetically to have that body building physique than were others.

When I think about it now, some of the guys just grew large muscles automatically without much training. Others developed nothing at all yet they seemed just as strong as the muscle guys in town. In retrospect I find it humorous after all the arguing, intimidation, mirror posing and weight training most of us ended up with the bodies we were destined to have. The quest for the perfect body led many of my friends and family members to physiques that were actually funny. Some of the guys ended up with huge arms like Popeye while others had legs like balloons.

Recently, I started a weight training routine similar to what I followed when I was a teenager but this time with the goal of just losing some weight and not necessarily becoming the next Arnold Schwarzenegger. The idea is to keep that spare tire off my stomach and in the trunk of my car, where it belongs.

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CLASSIFIEDS

BIRTHS - 100

Congratulations to Cindy Whiskeychan & Julien Blueboy on the birth of their baby girl Julie-Anna Elsie Hazel Jane Blueboy. Take care of your little one...From all your family here in Waskaganish.

C O R R E C T I O N : *The Nation* would like to publish a correction to a birth announcement that appeared in the April 27th, 2007 issue, Volume 14 no. 12. The announcement should have read as follows: Congratulations to Bernice Tooktoo and Charlie Angatookaluk on the birth of their baby girl, Amelia Wanda Tooktoo, 9lbs 2 oz., on March 24th, 2007, time: 8:19am. Bernice, we're very proud of you and you have a beautiful baby girl. We can't wait to meet your bundle of joy. Love from your family from Chisasibi for sure this time. Please note: *The Nation* did not edit the original classified where the wrong information was stated. However, *The Nation* does reserve the right to edit classifieds for length and inappropriate language.

BIRTHDAYS - 101



I want to send a big Happy Birthday wish to my son: Khayden Otter-Rupert, who turns 6 years old on May 24th, 2007. I love you always. Thank you for spending the Goose Break with us. We will miss you, we had a good time and lots of fun. Happy Birthday my son, Xoxo.

Well, here I am. Like I told you, I was going to send an ad to the Nation, but the thing is you didn't tell me the date, you just told me the month. Well, Happy Belated Birthday on March ??? I hope you enjoyed your day and hope you meant the words you

Love Always, Mom (Derek & the Moses family from Eastmain).

Sending a Happy Birthday wish to a miracle boy, our grandson: Khayden Otter-Rupert, on May 24th, 2007. You are 6 years old now, we thank the Lord morning and evening for seeing you growing up so fast, and for healing you, and for all of the support and prayers from all of the Cree communities and many friends. Happy Birthday grandson, and many more to come. We love you & we missed you during the Goose Break. We heard that you had a good time with the Daniel Moses family at their Goose camp. God bless you all. From Goo-Goom Maryann & Goom Shoom Ronnie.

I wanted to wish a Happy Birthday to my handsome nephew Khayden Otter on May 24th, 2007 & many more to come. He is invited to celebrate his birthday at the Ottawa Pow Wow. His whole family will join him to celebrate with him on his special day. Khayden you give me a lot of joy in my life, especially seeing you every day here in Waswanipi. I dearly love you so much, you brighten up my days, lighten up my nights when skies are grey, you are my sunshine, you are my angel, my miracle – love you lots. Again, enjoy your special day in Ottawa & have fun. Hope you enjoyed yourself for Goose Break in Eastmain with your Mom, Derek, your brother & your sister. Love always, your Auntie Leonda, Mike & Kayla Otter. Xoxo.

All aboard for healthy eating and physical activity! The Heart and Stroke Foundation of Québec invites elementary school teachers and their students on an exciting and entertaining adventure tour of the neighbourhood, the regions of Québec and the world. Discover the benefits of healthy living in your classroom through fun, easy-to-do activities.

said the other morning cause I sure feel the same way. Hope to hear from you soon.

Happy Birthday to my adorable, cuddly, lil' bro Eric'sh Snowboy on April 29th. You are so dear and special to me. I enjoy playing with you and being your big sister. Have lots of fun on your birthday. Lots of hugs & kisses, love you a lot. Fro your Sis Jade, Jaydene L. Snowboy.

Wishing a very Happy 15th Birthday to my one & only little girl on May 25th, 2007, Katrina Stephen. Keep up the good things you do. Happy Birthday & many more to come. Love always, Mom (Kathleen, Waskaganish).

Happy Birthday to my brother Robert on May 8th & my nephew Joe Sealhunter on May 1st & to my baby

sister, Paula on May 25th. From Claudette Sealhunter & Preston Gilpin.

I would like to wish a Happy 1st Birthday to my daughter, Rosina Hester. Her birthday is on May 16th, 2007. Happy birthday Ocean, and many more birthdays to come. Sorry I couldn't be there on your birthday, but I'll be thinking of you on your special day. Enjoy your 15th birthday. I'll always be there for you, OK? Once again, Happy Birthday and many, many more birthdays to come. I just want you to know that I love you & miss you so much. Take care and take care of your sister, Nikki, too. I miss you both & I love you so much. I'll see you both soon, xoxo. With love, always Mom. Marlene S., Waskaganish.

Happy Belated Birthday goes out to my husband Gordon Snowboy Jr i love



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CLASSIFIEDS

hope u enjoyed your birthday and your birthday present love always your wife Patricia Snowboy (Whap) xoxo.

Happy Belated Birthday to our Daddy Gordon Snowboy Jr we love you very much, from your boys T.J, Noah-Remay and your baby girl Viola Snowboy. (Whap) xoxo

Belated birthday greetings to the most wonderful person, the love of my life..Peter M.Blacksmith. He celebrated his birthday on May 5, 2007. I was happy to spend my time with you on your birthday. I love you forever and many more birthdays to come. Love always Jessica.

Happy belated birthday to my daddy Peter M.Blacksmith on May 5, 2007. I love you and many more to come. From your lil daughter, Destiny Blacksmith

I would like to wish a happy birthday to the man I love, Franklin on May 13. With love, Kathey. P.S. Remember you're not 18 anymore.

I would like to wish my baby bro, Mario Mamianskum a Happy Birthday and many more to come ... you know I'm always here for you whenever you need someone to talk to ... you know I like to listen to you whenever you have something to say ... ur the best bro ... love you always ... hugs and kisses to you to you .. hope you enjoy ur day .. with lots of love your sister *lucy'sh* (Whap). P.S. Don't party too much .. might get in trouble ...lol, luv ya.

A special Birthday Greeting goes to out a very special and lovable little girl. Her name is Melanie Anne and she will be celebrating her 3rd birthday on May 20. Also to my little buddiesh Isaiah Gilpin <cheech>. His birthday is on May 21. Happy 3rd Birthday, both of you and may you enjoy every moment of it...And another Birthday wish goes out to my friend, Melanie Gunner. I can't

Remember which date, but I know it's in the month of May. Hey Melanie where are you? It's been a long time. Well, Happy Birthday to all of you. May you enjoy your special day. Fr: Natacha M. Nemaska.

I wanna wish a Happy Birthday to my mom Lizzie Mianscum on May 18. Happy Bithday! and Happy Mother's day mom. With lots of love and kisses from your daughter @ 128 Spruce Street.

I wanna wish a Happy Birthday to Andrew Matoush on May 17. Happy Birhday Andrew, I love you, and I miss you. xoxo Sharon.

Sending Birthday greetings to my two sisters Marion Shecapio from Mistissini, her birthday is on May 6, 2007, and my other sister Josephine Hester from Waskaganish, her birthday is on May 18,

2007. I wish you all a Happy Birthday ladies and many more to come. If you plan to have a party on your birthday I sure would like to come and join you, if only I'm invited. Love always, your sister Linda Salt Moar. Nemaska, Que.

We would like to wish a happy belated birthday to Annabelle Salt, on May 9th. She'll be turning two. We still can believe you're growing up, talking like a 4 year old...lol...have a good one...And also to Lance Whiskeychan, on May 20th. Happy Birthday to both of you and many more to come From: Everyone in 53 Smokey Hill Street (Waskaganish).

Happy 16th Birthday to Jordan Turner in Thunder Bay, Ontario on May 26, 2007. You've grown up to be a responsible, caring young man. Hope your day is a special one. Love coming from Dad, Lillian, Jake, Vanessa, Alexandria, Jaimee, Kaylynn, Trey, & Bailey.

PERSONALS – 300

I'd like to say a big hello to everybody in Waswanipi, especially to my family and friends back home. I really miss you guys and I hope to see you soon. I feel pretty lonely here in Betsiamites! I might come for summer and visit... this time I'll bring my little family with me!! Bye and take care Hillary Icebound.

Happy Mother's day to Nancy Sealhunter and to my 3 sisters, Virginia, Alice, and Paula Sealhunter. From your daughter & sister, Claudette Sealhunter. I just wanted to say hello to a dear good friend whom I haven't seen in so long.

Hope all is well with you Cynthia Blackned:) My family is here in mf for the summer but we will be heading back to North Bay. You have to come visit sometime soon. Missin you gurl! Much Love from your friend always, Faith Wapabee.

Information requested: I will be bringing my 2 sons on their first fishing trip to Lake Waswanipi. I am interested in fishing with them on the north end of the lake, but I don't know if is possible, or if a permit or permission is needed. I would be willing to trade goods from Florida, where we live, or whatever it takes. Kurt. Email: nkurtz@tampabay.rr.com

I would like to wish a Happy Mother's Day to the following people. First of all to my wonderful mother, Flora Blackned. Thank you for always being there and I love you. Thank you for helping me raise my kids right. I love you with all my heart and there is nobody that can ever take your place. And to my future mother-in-law, Daisy Mark. Thank you for being there and I love you. To all my aunts, cousins and to my friends Tammy, Alice, Shannon...oops not Shannon yet!!, Martina, Pearl, Roberta, Anita Kat, and to the ladies @ Kanio-kashee Lodge!! Happy Mother's Day! Too bad we have to work on that day eh?? From Angie. A big congratulations to our Mommy, Lillian Wapabee who will be graduating this spring from Lakehead University with a Bachelor of Arts in Geography(Minor in Indigenous

Learning). We are so very proud of you. Also our mommy got accepted into the one-year Bachelor of Education program at Lakehead University for this fall. You did it, Mom!! Love, from Bailey and Trey (Dad too)

Happy Mother's Day to Agnes Hughboy, and I would also like to wish my mother happy birthday on May 14, 2007. With all of our love from 89-a Opatica Ouje-Bougoumou Quebec. Specialy Tianna love.

We would like to say Happy Mother's Day to my Mom/Googoo Louise L. Bosum from OJ, I know its kinda late but better late than never right? We Love Ya(bahbee)! And Thank You For Everything!!! Also, Happy 18th Birthday to my brother/uncle Duane Bosum, on May 31st..Wow time goes fast..It seems like yesterday you were dancing to Kashtin..lol.jk! We Love you Duane! From Dinah & Chantal

PUBLIC SERVICE ANNOUNCEMENTS – 400

The Native Women's Shelter of Montreal now has a 1-800 number. You can now reach us toll-free at: 1-866-403-4688. Please check out the new website at: www.nwsm.info and feel free to give us any feedback.

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